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Bangalore Mirror

TEMP Max 31 | Min 29 | Humidity 29% Hazy sunshine Sensex 74,068 | Nifty 22,912 | Gold 1,39,749 | Silver 2,25,880 | Dollar 93.98 | Euro 108.90 | GBP 125.85

DRY DAYS

State braces for super-hot summer, readies for El Nino phase with water management emerging as key priority

PAGE 2

THE LAST GAMBLE

6 suicides linked to online gaming spur social media ban for minors and action against illegal platforms

PAGE 5

Environmentalists say root causes also must be addressed after canopy management teams of GBA remove 2,531 dead and dangerous branches and 355 trees at the risk of falling

BRANCH MANAGERS BUSY AT WORK

Survey done last year had identified dry and dangerous trees

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To prevent accidents and ensure commuter safety, the Greater Bengaluru Authority (GBA) has begun its tree canopy management exercise early this year. So far, the forest department has removed nearly 3,000 dead branches and trees across the city. Of these, the majority is from south Bengaluru, followed by the city centre and west Bengaluru.

Overall, while 2,531 dead and dangerous branches have been removed from the city's roads, as many as 355 such trees have been taken out. Out of these, 311 dead trees and branches have been removed from the East City Corporation limit, 552 from the West City Corporation limit, 856 from the South Corporation, 431 from the North Corporation, and 739 dead and dangerous trees and branches have been removed from the Central City Corporation area.

The exercise has been taken up following a city-wide survey

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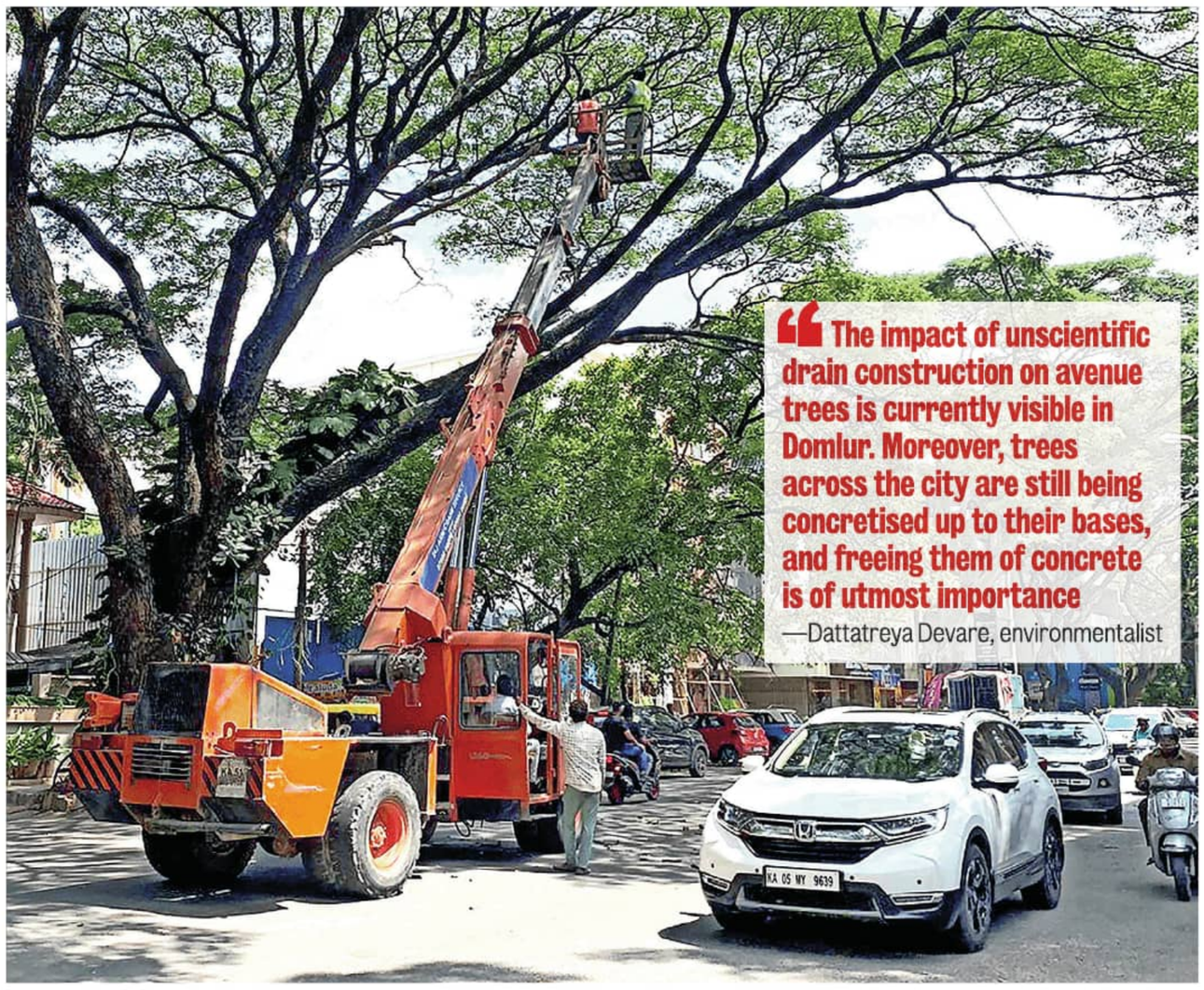

> The impact of unscientific drain construction on avenue trees is currently visible in Domlur. Moreover, trees across the city are still being concretised up to their bases, and freeing them of concrete is of utmost importance
> —Dattatreya Devare, environmentalist

Where have all the sparrows gone?

Lack of nesting spaces, food scarcity, increasing use of pesticides have taken a toll on population of Bengaluru's once-ubiquitous birds

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Once filled with the constant chirping of house sparrows, Bengaluru is witnessing a noticeable decline in their population, with rapid urbanisation and lifestyle changes emerging as key drivers.

Experts point to the disappearance of traditional nesting spaces as one of the primary reasons. Older homes with tiled roofs, open ventilators and small crevices have been replaced by sealed RCC structures and glass-facade buildings, leaving little room for sparrows to nest and breed.

"Sparrows are disappearing not because they cannot adapt, but because cities are no longer designed to accommodate them. The loss of nesting spaces, reduced food availability, and changing urban lifestyles have created a hostile environment for these birds," said Colonel (Dr.) Nawaz Shariff, chief veterinarian at People For Animals.

He added that food scarcity has further worsened the situation. "Earlier, sparrows thrived on grains spilled in local grocery stores and open markets. However, the rise of supermarkets selling pre-cleaned, packaged grains has eliminated this traditional food source. In addition, the increasing use of pesticides has drastically reduced the

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Rocking the stage

Indian Craft Brewery presents an electrifying evening with Kanya, an all-women multilingual live band, known for their high-energy stage presence and setlist spanning rock, Bollywood, folk, regional, and Western hits. **Where: Indian Craft Brewery (ICB), Nagawara; When: March 28, 8 pm**

02 Eternal notes

The Nadathur Foundation is organising the 5th edition of Nada Sambhrama, a concert series dedicated to promoting and celebrating the rich tradition of Indian classical music. This edition represents an enchanting evening of Hindustani music featuring Vidhushi Shubha Mudgal. **Where: Mangala Mandapa Auditorium, NMKRV Campus; When: March 28, 6.30 pm**

03 Through the lens

Sublime Galleria presents Illumination, an evocative exhibition of Bhaskar Gauribidanur's black-and-white and abstract photography that explores light, shadow, emotion, and timeless expression. **Where: Sublime Galleria, UB City; When: Until April 5**

04 Beat and beyond

SOCIAL celebrates the Oddvision 2nd Year Anniversary, blending techno-driven beats, layered rhythms, and intricate electronic textures, with flowing patterns defining the dynamic, immersive atmosphere. **Where: Indiranagar SOCIAL; When: March 27, 8 pm**

05 Ready, set, write

Atta Galatta is bringing a sports writing workshop with a squad of aspiring and seasoned writers for a journey into the high-stakes world of sports journalism and storytelling. **Where: Atta Galatta, Indiranagar; When: March 28, 11 am**

Government gears up early to tackle likely El Niño impact

State initiates series of precautionary measures after climate assessments indicate possibility of El Niño conditions bringing below-normal rainfall and higher temperatures

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With climate signals pointing towards a possible El Niño phase later this year, the Karnataka government has begun advance preparations to manage its impact, marking a shift from the relatively stable and favourable monsoon patterns the state has seen in recent years.

From 2020 to 2022, India experienced consecutive La Niña years, a phase generally linked to better rainfall. Karnataka benefited during this period, with many regions recording healthy precipitation, improved groundwater levels and stable agricultural output. Even as conditions turned neutral in parts of 2024 and early 2025, rainfall remained largely manageable, offering some continuity.

However, climate assessments indicate that conditions may transition from neutral to El Niño between June and August 2026, a development that often brings below-normal rainfall and higher temperatures across parts of India. For Karnataka, this raises concerns of rainfall deficiency, especially in the northern districts. Recognising the potential risks, the state has initiated a series of precautionary measures. Revenue Minister Krishna Byre Gowda reviewed rainfall patterns and future projections. While June and July are expected to receive near-normal rainfall, the months that follow could see a decline, with North Karnataka likely to be the most affected. The government is also preparing for a hotter summer. Coastal districts are expected to witness higher-than-usual temperatures, while interior regions, particularly in the north, may face more intense heatwave conditions.

Officials have made water management top priority, ordering timely tanker supply and reservoir monitoring to safeguard drinking water, while also preparing district-specific agricultural contingency plans

Water management has emerged as a key priority. Officials have identified around 207 taluks that could face drinking water shortages during the summer, with 60 already reporting stress. Instructions have been issued to ensure timely tanker supply and to prevent any disruption in access to drinking water. Reservoir storage is being closely monitored, with a clear directive to prioritise drinking water needs.

In the agriculture sector, authorities are working on district-specific contingency plans, including the promotion of drought-resistant crop varieties. The government has also pushed for faster disbursal of pending crop loss compensation to support farmers ahead of a potentially challenging season.

"Efforts are also underway to strengthen long-term resilience. Water conservation works under MGNREGA are being prioritised, and continuous monitoring of fodder availability has been initiated to address possible shortages. Beyond drought preparedness, the state is addressing other climate-related risks. Plans have been drawn up for landslide mitigation in the Malnad and coastal regions, while financial assistance has been sought from the Centre for tackling coastal erosion and restoring damaged infrastructure," Gowda said.

Rains likely

Bengaluru is expected to witness a partly cloudy sky, with light rain or thundershowers likely towards the evening or night. The maximum and minimum temperatures are likely to be around 34°C and 21°C respectively, according to Dr N Puviarasan, Scientist 'F' and Head of the Meteorological Centre. The weather conditions are influenced by a trough extending from a cyclonic circulation over central parts of Madhya Pradesh to north Madhya Maharashtra across Vidarbha and Marathwada at about 0.9 km above mean sea level. In addition, an upper air cyclonic circulation persists over South Interior Karnataka and its surrounding areas at 1.5 km above mean sea level. A trough or wind discontinuity from the Gulf of Mannar to North Interior Karnataka, passing across Tamil Nadu and South Interior Karnataka at 0.9 km above mean sea level, is also continuing.

IPL at home: Where to get tickets, enty, exit, parking rules and more

Authorities have cautioned visitors against buying tickets from unauthorised sellers, with strict guidelines also in place for crowd control

In view of the IPL 2026 matches scheduled on March 28 and April 5 at M Chinnaswamy Stadium, City Police have issued a comprehensive advisory covering traffic, security, ticketing, and crowd management.

Tickets and entry protocol

Police have clarified that tickets will be available only through the official RCB website and mobile application. All tickets will be mobile-based QR codes, visible approximately five hours before gate opening, and strictly non-transferable. Authorities have warned the public against purchasing tickets from unauthorised individuals, stating that legal action will be taken against fraudulent activities. Each tickets will include about entry points such as entry gate (outer gate), inner gate, stand row and seat number.

Travel, entry and exit management

Entry gates will open four hours before match time, with primary access through Cubbon Road and Link Road. Public entry from Queens Road will remain largely restricted, except for players and select pass holders. Spectators will first pass through designated holding areas for QR verification before entering the stadium through turnstiles and designated gangways, a system introduced to prevent overcrowding and streamline movement. The police have discouraged the use of private vehicles, citing limited parking availability. Pre-booked parking will be available at designated locations with shuttle services arranged to the stadium.

Cricket fans at M Chinnaswamy Stadium in Bengaluru

The Commissioner of Police explained that spectators can book parking slots while purchasing their tickets, allowing them to choose from the available parking options. Free metro rides will be provided to match ticket holders, with Cubbon Park and MG Road identified as the nearest metro stations. RCB team members will post a video about entry and exit for people to see and understand.

Traffic movements

Traffic Police have implemented special arrangements to ensure smooth vehicular movement. Parking has been prohibited on key stretches including Queens Road, MG Road, Cubbon Road, and surrounding areas. Designated parking facilities will be available at St Joseph's school grounds, Freedom Park, Garuda Mall, UB City, and Shivajinagar Bus Stand between 11 am and 9 pm. Specific entry and exit gates have been assigned for spectators. Pick-up and drop-off points for cabs and autos are arranged near BRV Ground and Manekshaw Parade Ground. Public are urged to use BMTC buses and metro services.

Security and medical arrangements

Elaborate security arrangements have been put in place, including multi-layer frisking, QR-based access control, and surveillance through over 500 CCTV cameras monitored in real-time at command centres. Medical preparedness includes nine ambulances, four triage centres, and clearly marked evacuation routes. **— BMB**

Serial mobile phone thief arrested, 64 devices worth Rs 16 lakh recovered

HAL police have arrested a 22-year-old habitual offender involved in a series of mobile phone thefts across the city. A total of 64 mobile phones worth Rs 16 lakh have been seized.

The accused, identified as Roopak, was apprehended by HAL police following an investigation into a theft reported earlier this month. According to police, a case was registered after a complainant from Banashankari reported that his mobile phone had been stolen from the dashboard of his parked auto rickshaw near the HAL Foundry and Forge Division canteen on March 13. Unknown persons had broken open the dashboard and fled with the device.

Acting on leads and information from informants, police detained Roopak near the HAL area on March 22. During interrogation, he confessed to the crime and admitted to being involved in several similar thefts.

Police recovered 14 mobile phones and a two-wheeler used in the crime from his possession. Based on further information, an additional 50 stolen phones were recovered from an acquaintance's room. Further investigation is ongoing.—**BMB**

CRIME FILES

Man arrested for burglary; gold worth Rs 79 lakh recovered

A 48-year-old habitual offender has been arrested in connection with a housebreak theft case, and 527 grams of gold ornaments worth Rs 79 lakh have been recovered. The accused reportedly targeted houses located near railway tracks.

A case was registered at Ramamurthy Nagar Police Station, based on a complaint filed on October 12, 2024, by a resident of Hoysala Nagar. According to the complaint, the complainant's son and daughter-in-law had locked their house on October 11, 2024, and travelled to Tamil Nadu. When the complainant later checked the house, it was found that unknown persons had broken open the front door and stolen gold ornaments kept inside a cupboard.

During the investigation, police identified a suspect residing near Yelahanka who was already lodged in Central Prison in connection with another case registered at Byappanahalli Police Station. He was taken into police custody for 22 days through a body warrant issued by the court on March 3, 2026.

During questioning, the accused confessed to the crime and stated that he had sold the stolen gold ornaments at two jewellery shops in Goa. Based on his information, police recovered the stolen items between March 11 and March 17, 2026.

With this arrest, police have solved six housebreak theft cases. Officials said the accused specifically targeted houses located near railway tracks, where CCTV surveillance is limited. He is linked to more than 13 cases, with stolen valuables worth over Rs 1 crore recovered in earlier investigations. Police added that he had been involved in such thefts since 2019. Further investigation is ongoing. —**BMB**

Police nab three for duping man of Rs 50 lakh promising double returns

Bagalagunte police have arrested three persons for allegedly cheating a man of Rs 28.60 lakh by promising to double his money. Police have recovered Rs 40 lakh in cash and seized a car used in the offence.

The accused have been identified as Vijay, Krishna Singh, and Naveen. According to police, the complainant, a resident of Hitnal village in Koppal district, lodged a complaint on March 11, 2026. He stated that he had befriended a person in Gandhinagar about a year ago. Recently, the man informed him that an acquaintance urgently needed Rs 50 lakh and promised to return double the amount. On March 10, the complainant, along with two friends, went to a hotel near 8th Mile after being contacted by the accused. The accused arrived in a car, collected Rs 28.60 lakh in cash, and fled the spot, later failing to return the promised amount.

Acting on the complaint, police launched an investigation and detained the accused near Junjappa Temple in Shettihalli on March 16. Police said further investigation is ongoing.—**BMB**

285 kg of red sandalwood seized

Madiwala police have arrested a 38-year-old man for the illegal possession and sale of red sandalwood, a protected forest produce, and seized a total of 285 kg of sandalwood pieces valued at Rs 27.12 lakh.

The accused has been identified as Sheikh Baba, a native of Andhra Pradesh. Acting on credible information received on March 11, 2026, police officials rushed to a forest service road near Silk Board Bus Stop, where sandalwood pieces were reportedly hidden in a bag. During the raid, the accused was detained, and about 10 kg of red sandalwood was recovered from his possession. As he failed to provide a valid explanation, he was taken into custody and a case was registered under the Karnataka Forest Act and theft charges. During interrogation, he confessed to illegally procuring sandalwood for financial gain and revealed the location of additional stock. Based on his information, police recovered 275 kg of red sandalwood logs from an open space near a mosque in Shyanubhoganahalli village, Anekal taluk, on March 16. Police said efforts are ongoing to trace other suspects involved in the case. —**BMB**

Six arrested for govt job scam

The CCB Special Investigation Team, along with Kodigehalli police, has arrested six persons for allegedly cheating job aspirants by promising government jobs in district courts. The accused lured over 450 candidates by offering posts such as Process Server, Peon, SDA, FDA, and Driver.

Operating from an office in Sahakara Nagar under the name Deeksha Education Academy/ Ashirvad Enterprises, the accused collected lakhs of rupees through agents, both in cash and online. They made applicants fill forms, submit documents, and provide signatures, thumb impressions, and mobile numbers.

The gang issued fake appointment orders and forged selection lists with counterfeit seals to appear genuine. Based on complaints, cases were registered at CCB and Kodigehalli police stations. During investigation, Rs 38 lakh cash was seized. Efforts are on to trace other absconding accomplices. Further investigation is underway. —**BMB**

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BMTC feeder buses transform last-mile commute experience

With new BMTC feeder buses connecting HSR, Haralur and Sarjapur areas to metro stations, residents can finally expect smoother and more reliable daily commutes

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Residents in HSR Layout, Haralur Road, Kudlu, Hosa Road and surrounding areas now have a new public transport option, as the Bangalore Metropolitan Transport Corporation (BMTC) has introduced metro feeder bus services for the upcoming Namma Metro Yellow Line. The new services aim to bridge the gap between residential neighbourhoods and metro stations, making daily commutes easier for people living along the ORR–Sarjapur Road stretch.

On March 22, resident volunteers from Haralur and HSR Layout organised an awareness campaign to familiarise people with the newly launched feeder routes—MF-22E and MF-22EA. The group travelled along the route together and interacted with commuters and local vendors at Hosa Road Metro Station, sharing information about how to use the service.

Commuters expect smoother travel with BMTC feeder bus services

Routes and connectivity

BMTC has introduced two main feeder routes. The first is a loop service from Hosa Road Metro Station: MF-22E (clockwise) and MF-22EA (anti-clockwise). These buses connect key localities including HSR Layout, Somasundarapalya, Kudlu Gate, Kudlu, Singasandra, Hosa Road, Silver County Road, Haralur Road, Iblur Junction, Agara and Parangipalya, before looping back. The service also links commuters to Hosa Road, Singasandra and Kudlu stations. Buses run every 30 minutes, with three buses in each direction. Another route, MF-22K, connects Hosa Road Metro Station to Carmelram, covering areas like New MICO Gate and Rayasandra Circle. Passengers can track buses using the app.

The introduction of feeder buses comes as a relief for residents in these fast-growing neighbourhoods, where traffic congestion has become a daily concern. Improved last-mile connectivity is expected to encourage more people to shift from private vehicles to public transport, easing stress and improving overall urban mobility for all residents.

According to volunteers, the service was launched on March 9 after sustained efforts by citizen groups advocating better connectivity in the Sarjapur belt.

Mukund Kumar, Founder, Save Our Sarjapura (SOS) forum involved in the initiative, said the route fills a long-standing gap in connectivity. "This is a brand-new route aimed at improving mobility in the Sarjapur area. Haralur did not have bus connectivity earlier, and while HSR had internal buses, there was no direct link to the metro. This service connects both zones and is a big step forward," he said.

He added that nearly 700 people have already joined a newly formed bus users group, indicating strong demand for the service. Despite the positive response, residents pointed out several challenges. Reliability and frequency of buses remain key concerns, along with the need for accurate live tracking.

"There is also demand for better connectivity to Outer Ring Road for office commuters. Also, the bus stops need to be aligned with larger residential communities to maximise usage. Another issue is road infrastructure. Many inner roads in these areas are narrow, making it difficult for standard buses to operate. Residents have suggested that BMTC introduce smaller buses to improve accessibility." He added.

> **"There is also demand for better connectivity to Outer Ring Road for office commuters. Also, the bus stops need to be aligned with larger residential communities to maximise usage**
> – Mukund Kumar (Founder, Save Our Sarjapura (SOS) forum)

For now, residents and volunteers are urging more people to try the feeder buses and support the shift towards sustainable public transport.

Short distance, long struggle for B'luru commuters daily

Daily commuters highlight urgent need for seamless link between bus stand and metro, as current last mile gaps continue to disrupt travel experience

Commuters in Bengaluru are calling for better connectivity between the Satellite Bus Stand and the Deepanjali Nagar Metro Station, citing persistent last-mile challenges despite the short distance. Passengers say that although the two points are less than a kilometre apart, the lack of a direct link makes commuting difficult. Many walk-through congested stretches or depend on autorickshaws, increasing travel time and costs. Poor pedestrian infrastructure adds to the problem, with broken or encroached footpaths and heavy traffic along Mysuru Road making the journey unsafe, especially during peak hours daily for most regular commuters.

Frequent users of the corridor stress that a well-integrated connection between the bus stand and metro station would ease travel, especially for intercity passengers. A seamless transfer would help commuters quickly access the metro network and continue journeys without delays. Some suggest solutions like a dedicated walkway, shuttle service, or skywalk, while others propose a mechanised transit link to ensure faster and safer movement between both points for daily commuters.

Urban transport experts say the issue reflects a broader planning gap. "Infrastructure projects cannot function in isolation. The real efficiency of a city's mobility network depends on how well different modes—buses, metro, and pedestrian pathways—are integrated into a single, seamless system. Without this, even world-class infrastructure risks underperforming," said an expert.

He also emphasised that such gaps are often the result of reactive, rather than proactive, planning. "It is always more effective to design integration at the planning stage rather than trying to retrofit solutions later. When connectivity is treated as an afterthought, it leads to higher costs, inefficiencies, and inconvenience for commuters," he stressed the need for implementing the prevention is better than cure methodology.

Rekita, a final year degree student who frequents the route and lives in the neighbourhood said that construction of a dedicated walkway or any other structure to ease connection in the vicinity would likely severely disrupt traffic in the area which would cause significant impact to regular users. "The stretch already receives a heavy load of vehicles. If any infrastructure is being put in place, the authorities must ensure that it will be completed within a strict deadline to not inconvenience

Last-mile gap disrupts daily travel near Deepanjali Metro Station

a smooth flowing system for motorists," she said. She further noted that a Bangalore Metropolitan Transport Corporation (BMTC) bus stop is present only a few meters from the metro station, which receives buses that go to the Satellite bus stand. "Commuters can make use of BMTC buses. The ride would only be a few minutes," she said.

The Satellite bus station serves as a major KSRTC departure hub, connecting passengers to destinations including Mysuru, Madikeri, Virajpet and Kozhikode. Owing to heavy footfall, it remains one of the city's busiest transport centres. Another commuter said BMTC and BMRCL must collaborate to introduce dedicated mini feeder bus services for better connectivity. **— BMB**

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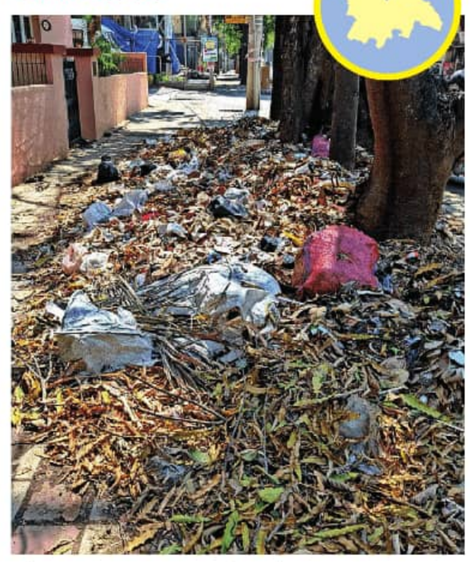
Garbage woes

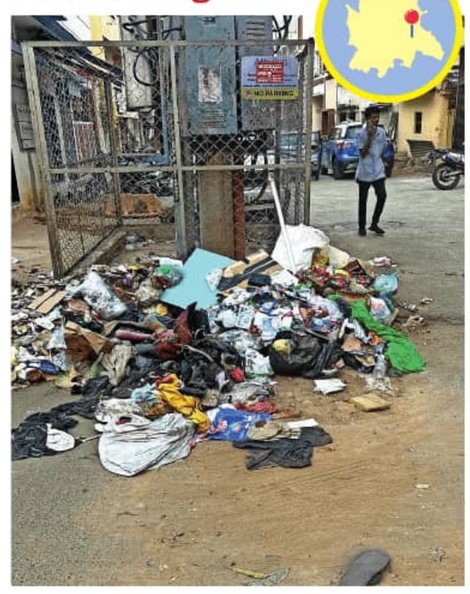
CMR Road



Garbage accumulation continues unchecked at CMR Road in HRBR 3rd Block, Kalyan Nagar, Kacharakanahalli, raising serious sanitation concerns among residents.

Trash trouble

Vasanth Nagar



Uncollected garbage at 6th Cross near the mosque in Vasanth Nagar is causing foul odour and raising hygiene concerns among residents.

Road hazard

Nayandahalli

Urgent repair is needed for a severely damaged manhole cover on Nayandahalli–Mysore Road, posing a serious risk to commuters, especially two-wheeler riders.

CCB busts interstate drug racket, five arrested

In a major crackdown on drug trafficking, the CCB Anti-Narcotics Wing, in coordination with Upparpet and Kadugodi police, arrested five individuals for illegally transporting and selling banned narcotic substances across Bengaluru. During the operation, officials seized 3 kg 912 grams of MDMA and 343 kg 170 grams of ganja. The total value of the seized contraband is estimated at ₹5.77 crore, while its market value is around ₹11.04 crore.

In another operation, Bengaluru City Crime Branch police arrested 27-year-old Ravikumar and seized 333 kg of ganja worth ₹3.57 crore from a container lorry that carried the contraband under vegetable loads. Officers said this marked the largest ganja seizure by city police this year and exposed an interstate network supplying drugs to Chamarajanagar district.

Acting on a tip-off, the Anti-Narcotics Squad intercepted the lorry near Nayandahalli Metro Station on Sunday afternoon and found the ganja hidden beneath sacks of vegetables.

Police said the consignment originated from Rajahmundry in Andhra Pradesh and moved through Bengaluru, Mysuru and Malavalli before reaching its destination. They took Ravikumar into custody and continued the probe.

In a separate case, Upparpet police arrested Kiran, a resident of Bidar, for transporting 3.9 kg of MDMA worth ₹3.8 crore. He hid the drugs inside chocolate packets and tried to deliver them in Gandhinagar when officers caught him following a tip-off. Investigators said he sourced the contraband from Delhi and supplied it to contacts in the city. Police seized the drugs and started efforts to identify others involved in the interstate racket.

Kadugodi police also arrested Mathini Paksha, Rajesh, 29, and Mohammed Ghouse after recovering 12 grams of MDMA and 11.170 kg of ganja worth about ₹6 lakh. Officers also seized a Tata Eicher goods vehicle and a mobile phone used in the trade.

During questioning, the accused said they bought drugs from unidentified suppliers, and sold them to the public. Police produced the accused before court and the probe continues. **BMB**

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Online gaming losses trigger alarm after youth suicides in state

Six suicides linked to online gaming push Karnataka government to propose social media ban for minors and tighten action against illegal gaming platforms

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In a shocking incident, a 21-year-old MBBS final-year student died by suicide after reportedly losing around Rs 80,000 in an online game on Tuesday. The incident has raised fresh concern in Karnataka, as this is not an isolated case. The state has already recorded six cases between 2023 and 2026 in which children or youths died by suicide after getting involved in online gaming, triggering alarm among authorities.

During a recent reply in the Legislative Council, Home Minister G Parameshwara said that cases have emerged from different districts, showing that the problem does not remain limited to one region. The incidents took place in Bengaluru, Hubballi-Dharwad and Chikkamagaluru during the period from 2023 to 2026. Officials said that although the number of cases appears small, the pattern shows a worrying trend of children getting drawn into online gaming and gambling platforms due to excessive mobile phone usage.

Concerned about the growing influence of digital platforms on minors, the Karnataka government has proposed strict measures to reduce children's exposure to social media and online gaming. During the 2026–27 state budget speech, the Chief Minister announced that the government plans to prohibit the use of social media platforms for children below the age of 16 in order to reduce the negative effects of excessive mobile phone use.

Authorities said enforcement action is also being taken against illegal online gaming and gambling activities under provisions of the Bharatiya Nyaya Sanhita, the Karnataka Police Act, 1963, and the Information Technology Act, 2000. The Union government has also introduced the Online Gaming Regulation Act, 2025,

which allows authorities to regulate and take action against unauthorised gaming platforms.

Parameshwara stated that if incidents come to light where children fall victim to online gaming or related activities, police will register cases and take action as per the law. "To tackle the issue proactively, the police department has intensified awareness programmes in schools and colleges across the state. Officers are conducting interactive sessions with students to highlight the dangers associated with gaming addiction and online gambling", he said.

Series of tragic suicides linked to online gaming losses has raised serious concerns in Karnataka, prompting stricter laws, awareness drives, and proposed restrictions to protect children and young users from digital addiction risks

Under initiatives such as "Mane Mane Police" (Doorstep Police) and Open House programmes, police personnel interact directly with children and parents to create awareness about the risks of excessive gaming and social media use. Police officials have also received instructions to closely watch for changes in children's behaviour and daily routines that could indicate addiction to online gaming.

Awareness programmes are also being conducted through school visits, beat committee meetings and village patrol meetings, where students and parents learn about the consequences of online gaming addiction, the Home Minister added. The government is also organising rallies and awareness runs to alert youth and children about the dangers of digital gambling and gaming platforms.

In addition, authorities have started strict action against illegal gaming platforms. Officials said that gaming firms must obtain proper licences and that unauthorised apps will be removed immediately. Apps that promote gambling or pose risks to children will be taken down from platforms such as the Google Play Store and Apple App Store.

Cancelling train tickets at last-minute to prove costly

The Indian Railways' new train ticket cancellation and refund rules will be implemented in phases from April 1 to April 15. The measure aims to curb misuse of the booking system and will prevent last-minute cancellations. As per the new rules, refund amounts will strictly depend on how early a ticket is cancelled.

Confirmed ticket cancellations by passengers between 24 to 72 hours before departure will receive a refund after a 25% cut in the fare, whereas cancellations within 24 hours to 8 hours will result in a 50% fare deduction or will be subject to minimum charges.

The Railways have applied stricter measures for late cancellations. Now, if a ticket is cancelled within 8 hours of the train's scheduled departure, no refund will be given to passengers. As per the revised policy, the closer the cancellation is to the departure time, the higher the deduction on the ticket value, and no refund or only a minimal refund will be given for last-minute changes.

As the Railways intend to discourage speculative bookings, this move will help prevent ticket hoarding by touts. This will also help genuine passengers get improved seat availability.

The updated system is expected to make ticketing operations smoother, as it encourages passengers to plan travel with due diligence. Authorities have advised passengers to cancel tickets in advance to avoid heavy deductions or complete loss of fare.

Back in 2025, the Indian Railways made changes to the train ticket booking system by mandating the use of Aadhaar authentication for passengers reserving tickets under the general category using the IRCTC website or mobile application. This step ensured that passengers benefited from the reservation system while curbing misuse of the portal by unauthorised entities. It was made mandatory for Tatkal bookings from 1st July.

It was also highlighted that certain agents were barred from booking Tatkal tickets in the initial 30 minutes of the booking window on the first day. The restrictions were applied from 10 am to 10.30 am for air-conditioned classes and from 11 am to 11.30 am for non-air-conditioned classes for the said agents. Reports suggest that mostly authorised ticketing agents can conduct Tatkal reservations. **BMB**

Justice eludes RPF constable tortured by colleagues

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

A police constable working with the Railway Protection Force had alleged that his colleagues and seniors attacked him. It has been five years since the incident, but the victim says police have not acted on the complaint.

The outpatient record of a Medico Legal Case of KC General Hospital states that police had applied an iron clip to the victim's private part while giving electric shock. The victim, Tarun MJ, a constable with the Railway Protection Force, visited the casualty ward in Malleswaram, stating he was assaulted by AK Tiwari, Sub-Inspector, at the City Railway Station around 6.30 pm on March 23, 2021.

The irony is that authorities neither confirmed the complaints as false nor punished the complainant for making a false allegation. It raises questions about why, if the victim was not assaulted, the doctor noted such details in the medico legal record.

Tarun says he has been running from pillar to post for the last five years appealing to jurisdictional police and higher authorities to register a first information report against those responsible for his alleged torture. He claimed to have met several authorities, including the then Superintendent of Police, seeking justice.

According to documents available with Bangalore Mirror, Tarun sought information by filing a RTI application dated January 17, 2020, on the number of employees given VRS during the tenure of Debasmita Chattapadhya Banerjee, DSC, RPF, SBC. He also sought data on charge sheets and penalty advice issued during the same period.

Tarun claims he invited the wrath of higher authorities to file the RTI application. "Two sub-inspectors removed my clothes and began beating me black and blue. They also gave electric shocks to my ears and private parts. I have been appealing to the authorities to register a FIR against those responsible for my plight. The authorities registered a few FIRs against me based on the complaints lodged by my higher authorities," said Tarun.

> **"There was a departmental enquiry against Tarun for misusing railway pass. I have come across Tarun posting false information on social media**
>
> –AK Tiwari, Sub-Inspector, RPF

Meanwhile, Tarun filed a petition in the Court of Additional Chief Judicial Magistrate seeking action against Debasmita Chattopadhyay Banerjee, Vasim Ahamed, AK Tiwari, and Vivek.

AK Tiwari, now posted at Prayagraj, said the complaint against him and others is false. "There was a departmental enquiry against Tarun for misusing the railway pass. I have come across Tarun posting false information on social media," he said.

Sub-Inspector Vasim Ahamed was unavailable for comment.

Temple row divides residents in premium apartment complex

Dispute erupts in South Bengaluru apartment as construction in common area divides residents, raising concerns over consent, legality and enforcement of rules

Garima Prasher
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PIC FOR REPRESENTATION PURPOSE ONLY

Lack of unanimous consent fuels dispute among apartment residents

Construction of a place of worship in the common area of an apartment complex in South Bengaluru has sparked controversy among residents.

The structure, built inside the SNN Raj Serenity apartment complex off Begur Road, has divided residents into two groups – one supporting the place of worship belonging to a particular faith, and another opposing it, calling it encroachment that must be removed.

"The Association is moving against GBA's (formerly BBMP) approved building plan. Every apartment owner in the complex has an undivided share in common areas. While many residents are against this construction, a group of residents, along with the RWA and external political support, are going ahead with it with force," said a resident of SNN Raj Serenity.

According to the Greater Bengaluru Authority (GBA), any construction in a common area, small or big, is illegal unless approved by the Corporation.

"Any construction in the common area of apartment complexes or societies will be considered illegal and encroachment. Even if one resident of the society reaches out to their respective corporation office with the complaint, the structure will have to be removed," said a senior GBA official.

As per the Karnataka Apartment Ownership Act of 1972, no apartment owner may add any material structure or excavate any additional basement or cellar without unanimous consent of all other apartment owners.

SNN Raj Serenity is part of the Bangalore Apartment Federation (BAF).

> **"The Association is moving against GBA's approved building plan. Every apartment owner in the complex has an undivided share in common areas** –Resident

When BM approached BAF, a member said that while association bylaws may allow AGM majority decisions, any new construction still requires GBA approval.

"Although the rules say that any new construction requires approval, the current law has no provision for a competent authority that can be approached in case of violations. While GBA may be contacted, more often than not, officials refrain from taking action in such sensitive religious issues. This is one of the reasons that BAF has been advocating for the enactment of the Karnataka Apartment Ownership and Management Act, 2025," said the BAF member. "As per our sale deed, no construction of an 'exclusive zone' is allowed in the common area. However, the RWA, by force, has constructed the place of worship without the consent of residents. This amounts to encroachment. RWA claims that the structure is built by a Trust. In that case, the trust is also violating rules," said Vineet, another resident.

In a similar case, the High Court of Karnataka in 2016 instructed the local urban body to initiate criminal proceedings against construction of a temple in the setback area of an apartment in Rajajinagar. In another case last year, the High Court, in an interim order, noted that the deputy commissioner and tehsildar of Bengaluru South district can examine the legality of a temple constructed by an apartment association on Kanakpura Road. BM tried to approach multiple RWA members of SNN Raj Serenity. However, they refused to comment, stating the matter is sub judice. No further details were provided despite repeated requests. "Following our complaint, Hoysala came around 10 pm and stopped the construction activity. Unfortunately, the RWA permitted construction activity late Sunday night. As per society's rules, no construction activity is permissible on Sundays. Even heavy-duty vehicles are not allowed inside," said Raja, another resident.

Zoo tragedy sparks veterinarians' protest across state

Veterinarians across the state staged a symbolic protest in support of their long-pending demands while paying tribute to trainee veterinarian Sameeksha Reddy who tragically lost her life after being attacked by a hippopotamus at Tyavarekoppa Lion and Safari Zoo in Shivamogga. The committee members of Karnataka Veterinary Association met the Minister for Forest, Ecology and Environment. Minister Eshwar Khandre visited late Sameeksha Reddy's house at Sakalawara in Anekal Taluk and consoled the victim's parents. Responding to the appeal of Sameeksha Reddy's mother, the minister assured to follow the SOP while deputing lady veterinarians to provide treatment for wild animals. Meanwhile, the committee members of Karnataka Veterinary Association have appealed to the minister to have veterinary doctors for treating wild animals on a permanent basis instead of having veterinarians in forest department on deputation.

Speaking with Bangalore Mirror, Dr Ramachandraiah M, general secretary, Karnataka Veterinary Association, has said the veterinarians have been demanding the forest department recruit veterinarians for treating wild animals on a regular basis.

"We demand the government to ensure all zoological parks have veterinary doctors as administrators for the welfare of wild animals. The forest department should have cadre and recruitment rules for recruiting veterinarians on a permanent basis", said Dr Ramachandraiah.

Demanding the forest minister to have C&R rules to recruit veterinarians, Dr Sharanappa G Yalagoda said there are 1200 vacancies, with 400 working on contract. He also sought suspension of Deputy Conservator Forest to ensure investigation into the death of Dr Sameeksha Reddy without hurdles.

—Y Maheswara Reddy

Divorce decree set aside, wife to get 'fair' chance in case

HC says appellant, having given birth not long before proceedings, did not have effective opportunity to contest her case

The Karnataka High Court has set aside a divorce decree granted by a family court, holding that the proceedings were flawed as the wife, who had recently given birth, was not afforded a fair chance to contest the case.

A division bench of Justices Suraj Govindaraj and Tyagaraja N Inavally was hearing an appeal filed by the woman against a January 2025 order that had dissolved her marriage on the ground of desertion. The family court had accepted the husband's claim that she had been living separately since 2022 and that the statutory requirement under the Hindu Marriage Act, 1955 had been met.

Before the High Court, the woman argued that the divorce petition had been initiated in April 2024, shortly after she delivered twin children in February that year. Owing to her physical condition and circumstances at the time, she contended that she was unable to properly participate in the proceedings or arrange effective legal representation.

Taking note of the material on record, including the birth certificates of the twins, the bench found that the claim of prolonged desertion was questionable.

Significantly, the bench underscored the lack of procedural fairness in the trial. It noted that the

appellant, being a new mother and staying at her parental home, "did not have an effective opportunity to contest the proceedings," and therefore the findings recorded by the family court could not be sustained.

In light of these findings, the High Court set aside the divorce decree and restored the matter to the family court for fresh consideration, directing that the woman be given a full and fair opportunity to present her case.

Court upholds BBMP storm water drain action

The Karnataka High Court has rejected a series of petitions contesting action initiated by the Bruhat Bengaluru Mahanagara Palike to clear encroachments over storm water drains in Gubbalala. The notices, issued between 2014 and 2019, targeted constructions allegedly raised over drainage channels under the guise of land development.

The pleas were brought by Mantri Developers, along with its Apartment Owners Association and the Royal Palms Residents Welfare Association. They sought protection from demolition and urged the court to restrain the civic authorities from interfering with their occupation of the residential complex.

Dismissing the petitions, Justice R Nataraj held that once a water body or drain is vested in the State under the Karnataka Land Revenue Act, its character cannot be altered simply because it is not reflected in planning documents prepared by authorities such as the Bengaluru Development Authority.

The bench concluded that the constructions had encroached upon public storm water drains, thereby obstructing the natural flow of water into Subramanyapura Lake.

Ranveer Singh responds to Kantara case

Actor Ranveer Singh informed the Karnataka High Court on March 24 that he would file an affidavit tendering an apology over his mimicry of a character from the film Kantara: Chapter 1.

During the proceedings, advocate Prashant Methal, the de facto complainant, told Justice M Nagaprasanna that the actor's earlier apology lacked sincerity.

Responding to the court, senior advocate Sajan Poovayya, appearing for Singh, said, "We will file an affidavit before the court. We are offering it, my lord." The court orally observed that the actor's conduct was not appropriate. Methal further argued, "If Mr Ranveer has orally called the deity a 'female ghost', then he should orally apologise for the same."

The court has now posted the matter for further hearing on April 10. —BMB

WAR UPDATES

Trump raises hopes for war to wind down but no sign of reduced fighting

Hopes rose that the Iran war could begin winding down as US President Donald Trump said that his government was holding productive talks with Tehran, but fighting showed no signs of slowing and Iran denied there were talks.

Trump extended his deadline for Iran to reopen the Strait of Hormuz on Monday, saying the US will hold off striking Iranian power plants for five more days to allow US envoys to hold talks with a "respected" Iranian leader.

Iranian officials said that Trump had backed down "following Iran's firm warning."

Relief ripped through financial markets on Monday as oil prices eased following severe losses prior to Trump's announcement. Markets have experienced vicious swings since the war began because of uncertainty about how long it may last.

The death toll has risen to more than 1,500 people in Iran, more than 1,000 in Lebanon, 15 in Israel and 13 US military personnel, as well as a number of civilians on land and sea in the Gulf region. —AP

Pak says it is ready to host talks to end war

Pakistan's Prime Minister says his country is ready to "facilitate meaningful and conclusive talks" to end the Iran war.

Shehbaz Sharif made the comment in a post on X.

Pakistan is one of the countries pushing diplomatically for talks between Iran and the United States after President Donald Trump said Monday there were ongoing negotiations.

"Subject to concurrence by the US and Iran, Pakistan stands ready and honoured to be the host to facilitate meaningful and conclusive talks for a comprehensive settlement of the ongoing conflict," Sharif wrote. —AP

Modi-Trump's discussions on Strait of Hormuz

US President Donald Trump on Tuesday spoke with Prime Minister Modi.

US Ambassador to India Sergio Gor informed of the development saying the two leaders discussed the ongoing situation in the Middle East, including the importance of keeping the Strait of Hormuz open.

The ongoing conflict in West Asia has entered its fourth week, disrupting trade routes through the Strait of Hormuz.

Earlier, US President Donald Trump said the Strait of Hormuz, a vital global shipping route, will be "open very soon" amid the conflict in West Asia. —ANI

New observation tower at BBP

Bannerghatta Biological Park (BBP) is all set to treat its visitors with a panoramic view of the park and Bengaluru's skyline. The park will soon get a new 25-metre-high public observation tower on the campus.

Funded by Rohini Nilekani Philanthropies, the tower is expected to enhance visitor experience, strengthen conservation awareness, and promote meaningful visitor engagement.

In this regard, Rohini Nilekani Philanthropies signed a memorandum of understanding with BBP with a committed grant of Rs 5 crore for the development of the tower. This partnership seeks to advance nature-based learning, deepen conservation awareness, and enrich visitor experiences at BBP.

The proposed tower will also serve as a landmark, offering panoramic views of the forested valley of BBP and the Bengaluru skyline. The structure, designed to accommodate 50–70 visitors at a time, will incorporate sustainable features such as solar energy systems and rainwater harvesting. The initiative will also integrate educational elements, including conservation-focused content.

"This partnership marks a significant step in strengthening our commitment to conservation, education, and sustainable tourism," said AV Surya Sen, Executive Director, BBP. —BMB

Campaign spotlights new speed post service

The Department of Posts has launched its new '24 Speed Post' service, aimed at ensuring faster and time-bound delivery across major cities. The service was introduced on March 17, 2026, by Jyotiraditya M Scindia, along with Dr Chandra Sekhar Pemmasani.

To promote the service, a unique outreach campaign has been rolled out in Bengaluru, featuring a Mobile Theatre Van that will travel across the city for a month. The initiative was flagged off by K Prakash on March 24.

The campaign highlights 24-hour and 48-hour delivery services connecting Bengaluru to metro cities like Delhi, Mumbai, Chennai, Kolkata and Hyderabad. Through audio-visual presentations and public interaction, citizens can learn about features of Speed Post services. —BMB

Bridge work prompts train service changes

The South Western Railways (SWR) has announced partial cancellations and regulations of select trains due to traffic blockages caused by the conversion of Bridge No 154 from pipe type to box type at Tirupati yard in the Guntakal Division.

Train No 22618 SMVT Bengaluru–Tirupati Tri-weekly Superfast Express will be partially cancelled between Chandragiri and Tirupati on April 27, 29, and May 2, 2026, with the train terminating at Chandragiri instead of Tirupati, while Train No 22617 Tirupati–SMVT Bengaluru Tri-weekly Superfast Express will be partially cancelled between Tirupati and Chandragiri on April 28 and May 1, 2026, originating from Chandragiri in place of Tirupati on those dates.

Train No 12890 SMVT Bengaluru–Tatanagar Weekly Express will begin operations on April 27 with a 40-minute en-route regulation. —BMB

BANYAN TREE'S
WORLD JAZZ FESTIVAL
EDITION 6
Friday, 24th April 2026, 7:00 pm | Chowdiah Memorial Hall, Bengaluru
• Michael Varekamp Quintet feat. Alexander 'The Hurricane' Beets
From New Orleans to New York
• Wiboud Burkens Trio
Swing is the Thing. The art of the Trio.
• Georgie Aué Quintet
From Australia to Brazil.
• Titi Luzipho and Muneeb Hermans
Sunset in Africa: A Tribute to the Legends
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Dedicated parent-child interaction rooms mandatory

Residential schools and colleges have been directed not to make parents wait outside the gates when they visit their children, and instead to provide a separate "parent-child interaction room" for meetings and conversations. Acting on recommendations from the Karnataka State Commission for Protection of Child Rights, the Karnataka Residential Educational Institutions Society has issued guidelines to ensure student safety and facilitate respectful interaction between parents and children. Schools must also provide smart card-based telephone systems to help students stay in touch with their parents, display the Child Helpline number 1098 prominently, and enable students to make calls when needed.

Additionally, authorities have ordered the formation of monitoring committees at taluk and district levels, regular medical check-ups and counselling for students, and the appointment of one mentor teacher for every 20–25 students to support their academic, emotional, and overall development. Institutions must implement measures to prevent sexual harassment, set up child protection committees, and conduct awareness programmes involving police officials and legal experts. **BMB**

Civic bodies to buy tax-default properties under new recovery move

With no takers for auctioned property and to tackle long-pending property tax dues, the Greater Bengaluru Authority (GBA) has announced that city corporations will begin purchasing properties whose owners have defaulted for years.

According to officials, despite repeated legal actions such as demand notices, property attachment, and public auctions, many cases remain unresolved, often because no bidders come forward during auctions. To address this, corporations will now directly acquire such properties at the government's guideline value.

A senior official said, "Under this mechanism, the purchase amount will first be used to clear all pending property taxes, penalties, interest, and administrative costs. Any remaining balance will be transferred back to the original property owner via bank transfer. Even at this stage, defaulters will be given a final one-month window to clear all dues, including interest, failing which the property will be taken over.

If payment is made within this period, the acquisition process will be withdrawn and ownership restored, making this both a recovery measure and a last opportunity for defaulters to settle their liabilities." **BMB**

GBA corporations set to present first budgets

The five city corporations under the Greater Bengaluru Authority (GBA) are preparing to present their first-ever budgets on March 25 and 26. The East and South corporations will present theirs on March 25, followed by the North, Central, and West corporations on March 26. However, sources said that these newly formed bodies established on September 2, 2025, have not received any dedicated funding or grants in the state budget, forcing them to rely largely on their own revenue generation mechanisms.

An official said that with income streams limited to property tax, advertisements, parking fees, and similar charges, the corporations are already under pressure, having failed to collect even 50 per cent of expected tax revenues in the past six months. This has made budget planning a major challenge, as they must outline both revenue sources and expenditure despite weak collections.

As a result, officials indicate that the budgets are likely to lean heavily on borrowing, including municipal bonds, raising concerns about financial sustainability even before these civic bodies fully stabilise. **BMB**

Majority of dead branches removed from south B'luru

CONTINUED FROM PAGE 1

of dry and dangerous trees conducted last year by GBA.

"Using the survey outcome, we are identifying hazardous trees across the five city corporations and immediately removing them. This is to ensure public safety in the upcoming monsoon season," said Sudarshan GK, deputy conservator of forest (DCF), Greater Bengaluru Authority.

In November last year, GBA had deployed a team of 10 forestry students, called tree enumerators, to identify avenue trees in the city that pose the risk of falling during storms and monsoon. The team was brought in from Sirsi and Ponampet to conduct the exercise. Hundreds of dead trees and problematic branches were identified by the team.

The ongoing exercise is being carried out by 30 tree canopy management teams of GBA.

"We have removed a considerable number of dead and dry trees and branches this year already. However, we are looking at accelerating the process over the next couple of months. We are also planning to have students from relevant backgrounds, such as forestry and biological sciences, to lead our tree canopy management teams for more efficient and accurate identification," added Sudarshan.

Although city-based environmentalists and tree activists have welcomed GBA's proactive measure, they say the department must look at eliminating various root causes that lead to weak and dead avenue trees.

Bengaluru's avenue trees are becoming increasingly weak due to many reasons. Unscientific storm water drain construction, trees concretised up to their bases during road repair work, and indiscriminate cutting of branches by BESCOM, experts point out.

"The impact of unscientific drain construction on avenue trees is currently visible in Domlur. Moreover, trees across the city are still being concretised up to their bases, and freeing them of concrete is of utmost importance. The BESCOM has been hacking tree branches in such a reckless manner that trees become imbalanced and fall. Many avenue trees are still diseased and hollow from the inside. Unless these issues are resolved, avenue trees will continue to fall," said Dattatreya Devare, trustee of Bangalore Environment Trust and a city-based environmentalist.

Airport identified as stable habitat for sparrows

CONTINUED FROM PAGE 1

availability of insects and larvae, which are essential for feeding young sparrows," he explained.

Environmental changes have also played a significant role. The reduction of green spaces, large-scale tree removal, and the disappearance of older neighbourhood structures have destroyed natural habitats. At the same time, the growing population of pigeons which adapt easily to high-rise buildings is believed to be competing with sparrows for limited space and resources.

Concerns have also been raised about electromagnetic radiation from mobile towers potentially affecting sparrows' navigation and reproductive health, though this remains a subject of ongoing debate.

Despite the decline, small populations of sparrows continue to survive in older localities such as Malleswaram, Jayanagar, Chickpet, Rajajinagar and Ramamurthy Nagar, where remnants of traditional housing and local markets still exist. Interestingly, Kempegowda International Airport has been identified as a stable habitat, offering open foraging areas and suitable nesting spaces.

Efforts to revive sparrow populations are gaining traction. On the occasion of World Sparrow Day, a special awareness programme was held at Freedom Park under the theme 'Let's bring back the chirping sound of sparrows to Bengaluru'. The event, organised by Bengaluru Hudugaru Team and InfiWorld Foundation, focused on distributing artificial bird nests to the public.

Over 30 volunteers took part in the initiative.

A specially designed sparrow nest model created by Sangamesh was distributed and demonstrated during the event. Organisers highlighted simple steps such as installing nest boxes, placing grains and water in balconies, and reducing pesticide use as effective measures to support sparrow revival.

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CHANGE OF NAME

I, BENEDICT, S/o. Late M. Abraham, residing at No. 10, Blessing House, 3rd Cross, 1st Main Road, new Manjunath Layout (Shanthi Layout), Ramamurthy Nagar, Bangalore-560016, declaring that BENEDICT .A Alias BENEDICT Alias BENEDICT ABRAHAM names are single person and belongs to me only, and my correct name is BENEDICT ABRAHAM, vide affidavit dated 23.03.2026, sworn before notary S Jayanth, Bangalore.

I, SHANKRANAIK K residing at 7/27/1, 1st Adda Raste, Krishnappa Badavane, Kuvempunagar, Madanayakanahalli, Bengaluru-562162. I have changed my name to SHANKARANAIK K vide affidavit dated 23/03/2026 sworn before notary T V Bhadravijaya Bangalore

I, MOUNA SHASHI m/o TAKSH GANAPATHY residing at 54, Pille Gowda Layout, Ramachandrapura, Jalahalli, Bengaluru-560013 have changed my son name from TAKSH GANAPATHY to TAKSH GANAPATHY KAMBEYANDA vide affidavit dated 23/03/2026 sworn before notary T V Bhadravijaya Bengaluru

I, Vishalakshmi Munratnam Reddy R/o #68,4th Cross,2nd Block Hosapalya B'luru-560068 have changed my name to Vishalaksi . M

I, Sudha Balasubramanian W/o B Swaminathan, Residing at No 8 10th Main Maruthi Nagar Near Burma Store Malleshpalya Extension Bangalore North Bangalore Karnataka 560075, has changed my name from Sudha B to Sudha Balasubramanian for all future purposes.

I, Planhimattom Raghavan Vidyanandan aka P R Vidyanandan S/O Late P K Raghavan Vaidyar born on 05 Feb 1967 residing at H3-203 Provident Welworth City, Marasandra, Doddaballapura Taluka, Bangalore North Dist, Karnataka have changed my name to Vidyanandan P R vide affidavit dated 13 Mar 2026 at Ganganagar, Bangalore

I, VISHNULAASYA NARRAVULA Residing at Flat No K238, Brigade Woods ECC Road, Whitefield Road, whitefield Bengaluru, karnataka Pin-560066 have changed my name to VARSHA SPOORTHI SHREE NARRAVULA vide affidavit dated: 24/3/2026 Before Notary K.V.Mani Bangalore.

I, HONEY Residing at # 401 3rd floor C block Mahaveer marvel AP, Kodichikkanahalli Main Road, Bangalore Karnataka - 560076 have changed my name to HONEY JAIN vide affidavit dated: 24/3/2026 Before Notary K.V.Mani Bangalore.

I, JAYARAMA N residing at 1/1, No.42, 2nd Cross, Lakshmidevamma V Gowda Enclave, Dombarahalli, Bengaluru-562123 have changed my name to JAYARAM N vide affidavit dated 23/03/2026 sworn before notary T V Bhadravijaya Bengaluru

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I, Rohan Singam S/O, Suresh Singam R/o B 504, Sterling Terraces, 100feet Ringh Road, B S K 3rd Stage, Bengaluru 560085 have changed my name to Rohaan Singam for all purposes.

I, Ravikumara Segekote Karigowda R/o 1248/1248 A 45th cross, 1st stage, Kumarswamy Lyt, Bengaluru 560078 have changed my name to Ravikumar Segekote Karigowda. I shall be called by this name for all purposes

I, Parvathamma G W/o Chikkegowda G N R/o No 16 8/3/10 405 1st Floor 9th D Main Road Srinivasanagar B'luru-560050 have changed my name to Parvathi G for all purposes.

I, ANSHILA RAINA residing at D2, 8115, Alder Sobha Forest View, off Kanakpura main road, Uttarahalli, Bengaluru – 560109 have changed my name to ANSHILA RAINA TIKU vide affidavit dated 23/03/2026 sworn before notary T V Bhadravijaya Bengaluru

I Divyashree Harohalli Srikantaiah W/o Anand Gowda Rajegowda, Residing At, Siddeshwara Nilaya, Near Snshs School, Jigani, Anekal Taluk, Bengaluru Rural 560105. have changed my name to Divya Anand Gowda for all purposes.

I, RANITHA JAYARAMA residing at 1/1, No.42, 2nd Cross, Lakshmidevamma V Gowda Enclave, Dombarahalli, Bengaluru-562123 have changed my name to BHAGARATHI K M vide affidavit dated 23/03/2026 sworn before notary T V Bhadravijaya Bengaluru

LOST & FOUND

I, T.S. Soundara Rajan, S/o. Late. T.K. Srinivasan, residing at No. 43/6, Siri Enclave, Flat No. 301, 3rd Floor, 29th Cross, BSK 2nd Stage, Bengaluru-560070, had given advertisement in Lost & Found Section in this Newspaper dated: 27.10.2025 mentioned my Original Site (Land) Document No. 4994/15.09.1992 is Lost while travelling in Bus to Banashankari on 10.03.2026 (site situated at Mathur Village, Sriperumbuder Taluk, Tamilnadu). Regret to inform all that, this number was given by mistake and the Correct Document Number is 4377/1992. Request all by this advertisement, if anybody finds this numbered (No. 4377/1992) Original Site (Land) Document, please return the same to me. My mobile No. 8884064570.

AGEING TASTE TWIST

Sticky candies and chewy treats pose challenges for older adults eating

Last Easter, while my children sorted through baskets of chocolate eggs and jellybeans, my son asked a simple question:

"Why don't Grandma and Grandpa eat candy like we do?"

It sounded innocent and natural. To him, candy is enjoyable, so everyone should want it. From a child's perspective, it may seem as though older adults simply lose their taste for sweets. But as a speech-language pathologist who studies swallowing disorders, I know the explanation is often more complex. In many cases, the issue has less to do with liking candy and more to do with swallowing.

Swallowing is complex

Swallowing feels automatic because we do it countless times every day without thinking. However, it is a highly coordinated process that involves more than 30 muscles and several nerves working together. These systems move food from the mouth through the throat and into the esophagus while protecting the airway from food entering the lungs.

One way to understand swallowing is to think of it as a relay race. Each group of muscles passes food along at exactly the right time. The airway closes briefly to ensure safety. When everything works smoothly, the process takes only a second or two.

As people age, parts of this system can change. Chewing muscles may weaken slightly, saliva production may decrease, and the timing of swallowing may slow. Dental issues, such as missing teeth, can also make chewing more difficult. These changes are not always signs of disease, but they can make certain foods harder to manage.

Sticky or chewy foods like caramels, gummies and certain chocolates require strong chewing and precise coordination. For someone whose swallowing efficiency has changed, these foods may feel too much effort or risk.

When it becomes dysphagia

Sometimes, swallowing changes go beyond normal aging and become a condition called dysphagia. This refers to difficulty swallowing and is more common than many people realise. Research suggests that about 1 in 25 adults experience dysphagia at some point.

Conditions such as stroke, Parkinson's disease, dementia and other neurological disorders can affect the muscles and nerves involved in swallowing. In clinical settings, speech-language pathologists frequently see swallowing difficulties in older adults recovering from illness or managing chronic conditions.

When swallowing becomes difficult, eating may feel tiring, uncomfortable or even stressful. Some people may cough while eating or feel like food is stuck in their throat. Others may take much longer to finish meals than before.

To cope with individuals often make subtle adjustments. They may choose softer foods, take smaller bites, or avoid items that feel challenging. Sticky candies are commonly among the foods people begin to avoid.

To others at the table, it may appear that older adults have lost interest in sweets. These choices are practical adaptations that help make eating safer and more comfortable.

Food means connection

Food is about much more than nutrition. It plays a central role in family traditions, celebrations and emotional connection. Holiday meals, birthday treats and seasonal foods bring people together and create lasting memories.

When swallowing becomes difficult, the impact extends beyond the physical act of eating. People may feel self-conscious about their eating habits or worry about coughing or choking in front of others. Over time, they may begin to avoid shared meals or social gatherings involving food.

Because of this, many clinicians emphasise both safety and quality of life when addressing swallowing issues. Speech-language pathologists evaluate swallowing and help individuals develop strategies that allow them to eat more comfortably. In many cases, small adjustments can make a meaningful difference.

Supporting safe eating

Family members are often the first to notice changes in eating habits. Signs may include coughing during meals, taking longer to chew, or avoiding certain textures such as dry or sticky foods. If these patterns occur regularly, a professional evaluation can help determine whether swallowing changes are involved.

The goal of treatment is rarely to eliminate favourite foods completely. Instead, clinicians focus on helping individuals continue to enjoy meals safely.

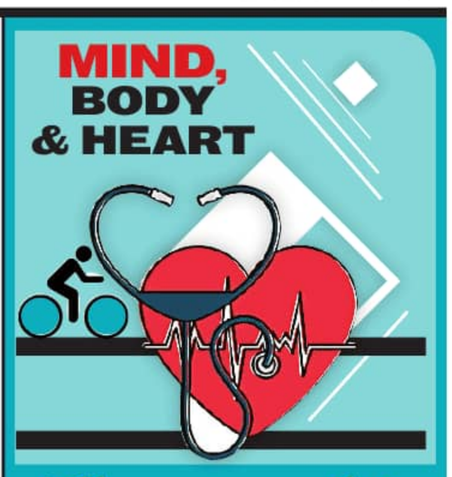
These strategies often allow older adults to remain engaged in meals and traditions that are important to them. Maintaining this participation supports both physical health and emotional well-being.

Understanding the moment

At a holiday table, when candy is shared, a grandparent's decision to decline may spark curiosity. Sometimes the reason is simple preference. But in many cases, it reflects subtle changes in chewing and swallowing that come with age.

The joy of sharing food does not disappear with age. It continues, even as the body changes. With understanding and small adjustments, those meaningful moments around the table can remain just as special and fulfilling for everyone involved.

Sundeep Venkatesan, Binghamton University, State University of New York The Conversation



All you need to know about...

Fat facts

Not all fats are harmful and removing them entirely from your diet can do more harm than good. Fats are essential nutrients that support energy, hormone production, and absorption of important vitamins. Instead of avoiding fats, it is important to understand which ones benefit your body and which should be limited for better health outcomes.

Fat importance

Fats play a key role in helping the body absorb fat-soluble vitamins such as A, D, E and K. They also support brain function, protect vital organs, and provide sustained energy throughout the day. Diets that are extremely low in fat can lead to deficiencies, fatigue, and reduced overall wellbeing, making balanced intake necessary.

Types of fats

Unsaturated fats, including monounsaturated and polyunsaturated fats, are considered beneficial for health. These are commonly found in foods like nuts, seeds, fish, avocados, and plant-based oils. They help lower bad cholesterol levels, improve heart health, and support proper brain and cell function when consumed in appropriate amounts regularly.

Fats to avoid

Trans fats and highly processed fats are harmful and should be limited. These are often found in fried foods, packaged snacks, baked goods, and refined oils. Such fats increase the risk of heart disease, inflammation, and other chronic health issues, making it important to reduce their intake significantly.

Balanced intake guide

Experts recommend moderation rather than complete elimination. Including a mix of healthy fats while limiting harmful ones helps maintain overall health and reduces long-term disease risk effectively.

—Femina

MIRRORLIGHTS

Midlife nutrition strongly impacts future brain health

A new study suggests that greater adherence to a healthy diet, such as the Dietary Approaches to Stop Hypertension (DASH), may lower the risk of self-perceived cognitive decline and support better brain function.

DASH is considered a heart-healthy diet, focusing on fruits, vegetables, whole grains, and low-fat dairy.

The findings published in The Journal of the American Medical Association (JAMA) Neurology show that links between a healthy diet and cognitive health were "more pronounced" when followed during midlife, between the ages of 45–54.

Researchers, including those from Harvard and China's Zhejiang University, said that while healthier diets benefit cognitive health, few studies systematically examine multiple dietary patterns in the same settings.

The team analysed diet and cognitive function data of over 1.5 lakh participants, most of them women, from the Nurses' Health Study (1986–2014), NHS-II (1991–2017), and the Health Professionals Follow-Up Study (1986–2012).

"Results reveal that healthy diets, exemplified by the DASH diet for blood pressure control and diets with lower hyperinsulinemia and inflammation potentials, were associated with a lower SCD (subjective cognitive decline) risk and better cognitive function," the authors wrote.

Hyperinsulinemia is marked by high insulin levels in blood, often linked to type 2 diabetes or insulin resistance.

Higher adherence to all six dietary patterns was associated with lower self-perceived cognitive decline. DASH showed the strongest link, followed by hPDI, rEDIH, and PHDI, especially at ages 45–54.

Key food groups associated with better cognitive function included vegetables and fish, along with lower consumption of red and processed meats, the researchers said.

—PTI

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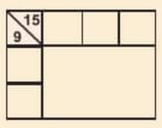
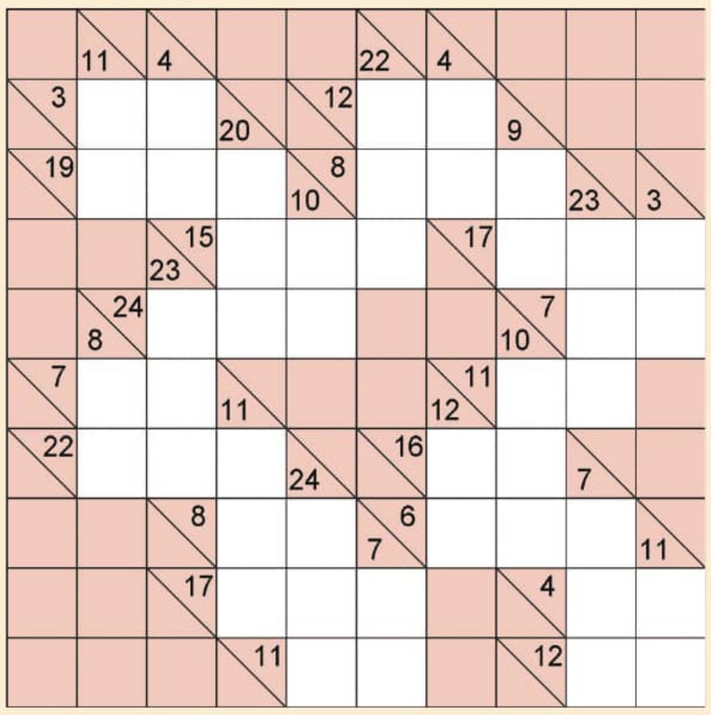
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

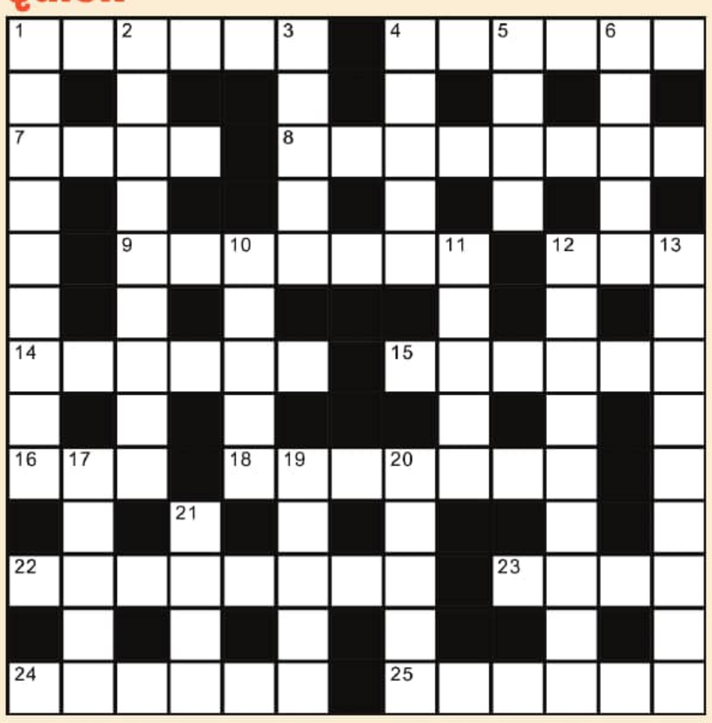
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Postpone or discouraged (3,3)
4 Clients of a hotel (6)
7 Entreaty (4)
8 Cosmos (8)
9 Ended telephonic conversation? (4,3)
12 Jinx or curse (3)
14 Purloin (6)
15 Win a foot-race (6)
16 To put in place (3)
18 The younger of the Kapoor sisters (7)
22 Cook's sand-glass? (3-5)
23 Mediocre (2,2)
24 ___ Brothers: Aviation pioneers (6)
25 Fine or delicate, clever (6)

DOWN

1 Inhabits or lives in (9)
2 Wonder-worker, magician (9)
3 Threw or hurled? (5)
4 Sadness or woe (5)
5 Ogled or looked at (4)
6 One of the five senses (5)
10 Serbian tennis star Djokovic's first name (5)
11 Musical instrument (5)
12 Residential area located between Hosur Road and Sarjapur Road (3,6)
13 A hater of strangers or foreigners (9)
17 Very keen (5)
19 Confess (5)
20 Gains (5)
21 All male party (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS G

JPKKXRQ XR KAMB PRI UP-MXRQ P CBKPLX.ARHUXD PCB LOA IXJJBCBRL LUXRQH.

Linemaro

Are you from the moon? Your physique is out of this world

Mindchow

Without passion you don't have the energy, without energy you have nothing

Joke of the day

Zoo: A place of refuge where wild animals are protected from the people

Loop

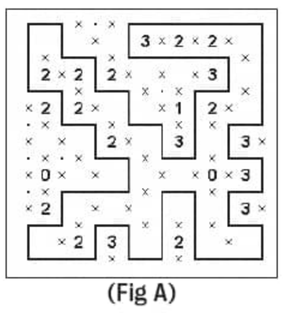
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

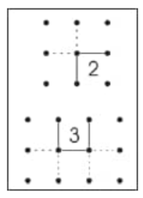
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

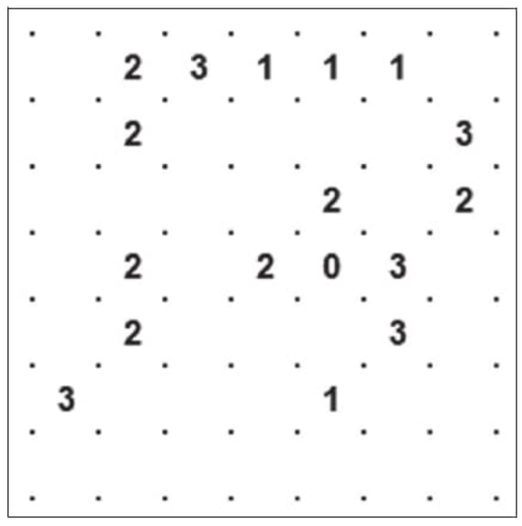
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



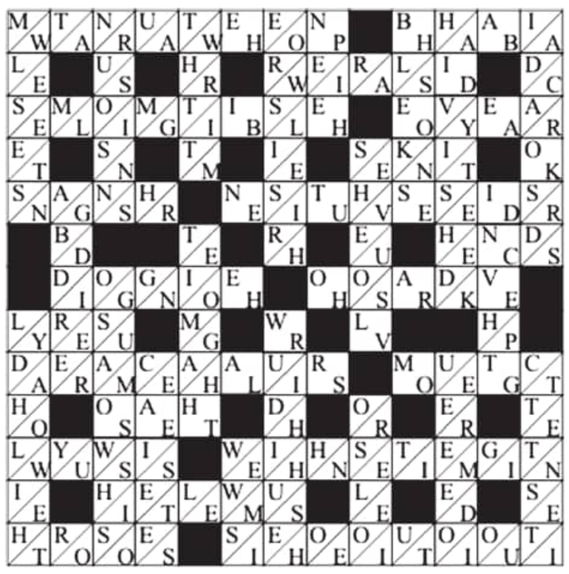
(Fig A)



(Fig B) Not Allowed



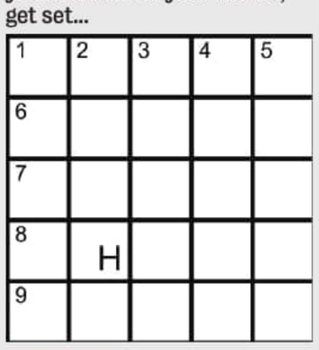
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

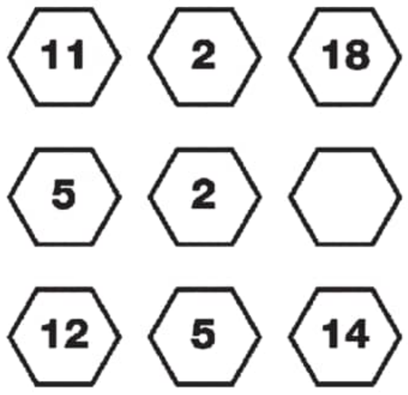
1 Oasis; 6 Dhals; 7 Aside; 8 Shema; 9 Aft us

DOWN

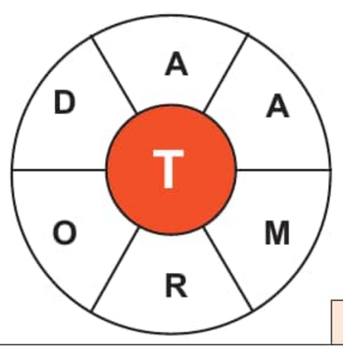
1 Sod it; 2 Had us; 3 H Safe; 4 Lamia; 5 SS Sea

Mensapuzzle

Which number completes this puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

SudokuChallenge

	8	7				5	2	
	4			8			1	
		5		6		8		
		9	4	5	8	3		
		4	1	2	3	9		
		8		4		7		
	1			9			3	
	7	2				1	6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 10

3 8 5 4

Medium = 12

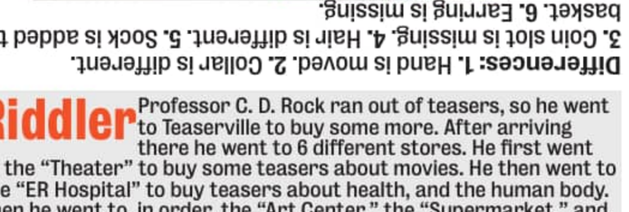
5 6 9 3

Hard = 3

1 2 7 7

Hocusfocus

Find at least six differences in details between panels.



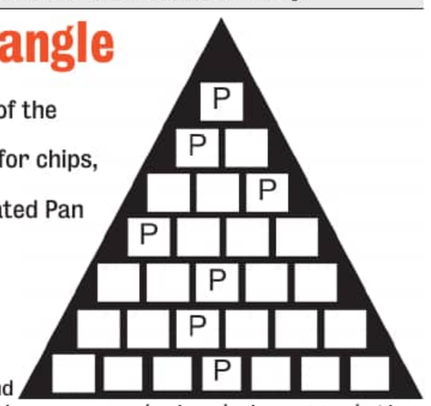
Differences: 1. Hand is moved. **2.** Collar is different. **3.** Coin slot is missing. **4.** Hair is different. **5.** Sock is added to basket. **6.** Earring is missing.

Riddler

Professor C. D. Rock ran out of teasers, so he went to Teaserville to buy some more. After arriving there he went to 6 different stores. He first went to the "Theater" to buy some teasers about movies. He then went to the "ER Hospital" to buy teasers about health, and the human body. Then he went to, in order, the "Art Center," the "Supermarket," and the "Energy Plantation." He then went to one last store. It was one of the following: A. Library, B. High School, C. Dance Arena, D. Saloon, E. Dog Pound, F. Railroad Station, G. Petting Zoo, H. Carnival Can you figure out which place Professor C. D. Rock visited lastly?

Alpha triangle

1 Parking sign
2 Sixteenth letter of the Greek alphabet
3 Accompaniment for chips, often
4 Splotchy 5 Emulated Pan
6 Type of roof
7 Flogged

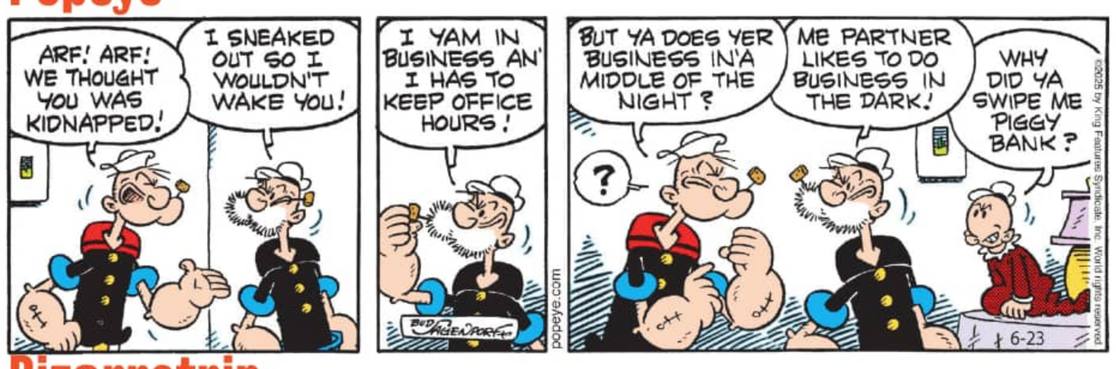


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


ARF! ARF! WE THOUGHT YOU WAS KIDNAPPED!
I SNEAKED OUT SO I WOULDN'T WAKE YOU!
I YAM IN BUSINESS AN' I HAS TO KEEP OFFICE HOURS!
BUT YA DOES YER BUSINESS IN'A MIDDLE OF THE NIGHT?
ME PARTNER LIKES TO DO BUSINESS IN THE DARK!
WHY DID YA SWIPE ME PIGGY BANK?
?
6-23
popeye.com

Bizarrotrip

Diamond Lil

WELCOME TO Y'ALL MART. HOW MAY I HELP YOU?
I NEED A CAN OF SLEIGH RUNNER WAX AND SEVEN BAGS OF REINDEER CHOW
I THOUGHT THERE WERE EIGHT REINDEER
THERE ARE, BUT PRANCER'S GLUTEN-FREE NOW
LIL
12/12
www.creators.com

Hart of the city

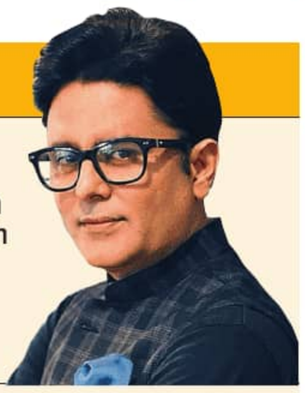
WHAT'S YOUR DRINK ORDER WHEN YOU GET BOBA TEA?
OOOH, I LIKE THE BROWN SUGAR MILK TEA. 15% SUGAR WITH POPPING BOBA.
I LIKE A THAI ICED TEA. 50% SUGAR WITH LYCHEE JELLY.
I FEEL LIKE OUR TEA ORDERS ARE LIKE OUR ZODIAC SIGNS.
YUP! I'M A THAI ICED TEA SUN, PEACH SLUSH RISING AND MILK TEA MOON.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

Creativity leads the way. Love feels expressive and fun. Career paths brighten through communication and fresh ideas. Financial opportunities arise through adaptability. Travel excites your curiosity. Home feels lively and engaging. When you allow your playful intelligence to guide decisions, you discover new possibilities that keep life stimulating and rewarding.

Aries Mar 21 – Apr 20

Challenges today test the idea that hardship builds strength. The bigger the obstacle, the higher you must rise. Push harder, sharpen skills, and commit fully, because quitting isn't an option.

Taurus Apr 21 – May 20

You may wish you were elsewhere today, but you're exactly where you need to be. Stop daydreaming, act decisively, and learn the lessons this moment demands from you right now.

Gemini May 21 – Jun 21

If your inner voice urges caution today, listen carefully. Ignoring instincts and taking unnecessary risks could invite serious consequences from people who hold authority over you at work or life.

Cancer Jun 22 – July 23

You sense shifting currents well, so if trouble approaches, sidestep it. Avoid being dragged into pointless conflicts that waste energy and distract you from priorities, goals, focus, peace, progress, growth.

Leo Jul 24 – Aug 23

Watch your words carefully today. Even jokes may be misunderstood, attracting attention you don't want. Choose silence or restraint over clever remarks that could backfire badly for you, socially, publicly.

Virgo Aug 24 – Sep 23

Pretending challenges don't bother you only delays solutions. Face issues honestly, express feelings openly, and find creative ways to address problems before they grow heavier emotionally, mentally, practically, responsibly, now.

Libra Sep 24 – Oct 22

If someone tries limiting what you say or do, respond firmly. Defend your freedom clearly, confidently, and without apology, making it obvious you will not be restrained by anyone, ever.

Scorpio Oct 23 – Nov 22

The more vividly you imagine your future, the closer it comes. Focused thoughts carry power now, turning intentions into reality when belief, clarity, and concentration align with discipline, patience, persistence.

Sagittarius Nov 23 – Dec 22

You might feel untouchable today, but bending rules invites trouble. Follow procedures carefully, avoid shortcuts, and protect yourself by doing everything properly this time with integrity, accountability, awareness, discipline, responsibility.

Capricorn Dec 23 – Jan 20

Mastering emotions increases your chances of success. While others complain, you stay composed, practical, and focused, knowing steady control and skill create lasting achievement through experience, patience, effort, strategy, consistency.

Aquarius Jan 21 – Feb 19

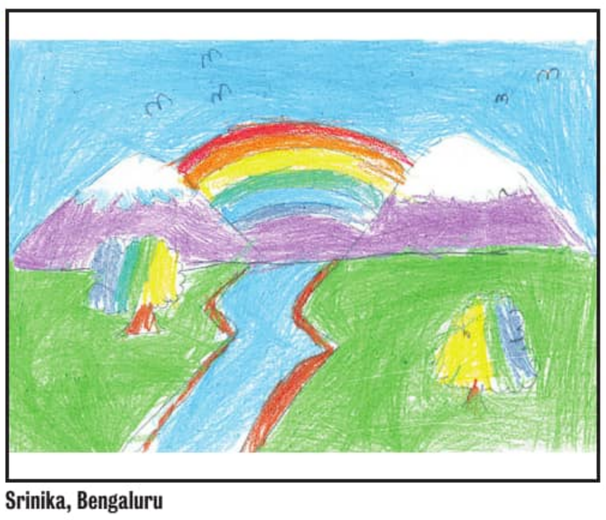
A hopeful mind set matters now. When things falter, trust events fit a larger pattern, and clarity will arrive soon, making current confusion understandable later, in hindsight, with perspective, wisdom, acceptance.

Pisces Feb 20 – Mar 20

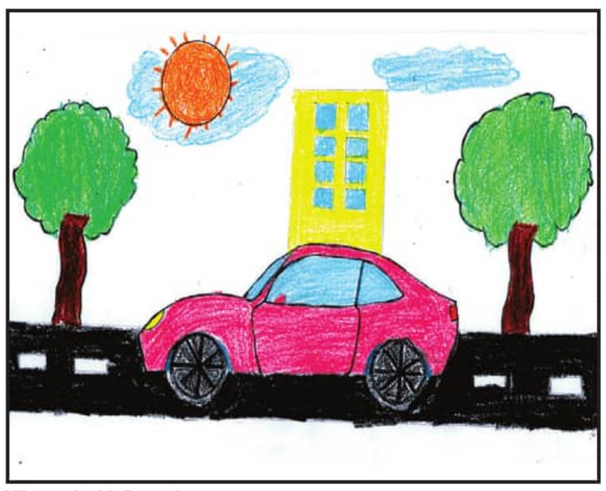
Accept that change is constant and meaningful. Quiet your mind, ignore outside noise, and insight will surface, revealing why shifts are happening now for growth, learning, healing, clarity, balance, purpose.

www.sundeepkochar.com

KIDZONE



Srinika, Bengaluru



Vihaan Joshi, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER F. Railroad Station. The first letter of each place he went to spells out the word "teaser." Theater, ER Hospital, Art Center, Supermarket, Energy Plantation & Railroad Station

QUOTE UNCODE Falling in love and having a relationship are two different things.

FAST FIVE

O	S	S	I	A
D	A	H	L	S
I	D	E	A	S
S	H	A	M	E
T	U	F	A	S

BULL'S EYE aorta, atom, dart, data, drat, mart, MATADOR, moat, toad, tram, trod

STRIKE OUT

M	A	R	A	T	H	O	N		B	A	B	A		
E		U		R		W	E	A	L	D		C		
T		N		M		I		S	K	I		O		
E	L	I	G	I	B	L	E			O	V	E	R	
S	A	S	H		E	S	T	H	E	S	I	S		
	D			T		H		E		E	N	S		
D	O	G	I	E		H	O	R	D	E				
Y	E	S		G		W		L			P			
A	R	M	C	H	A	I	R		M	U	T	T		
H		O	A	T		D		O		R		E		
W	U	S	S		E	I	N	S	T	E	I	N		
E		I	T	E	M	S		L		D		E		
H	O	S	E	S	H	O	O	T	O	U	T			

QUICK

P	U	T	O	F	F		G	U	E	S	T	S		
C		H		L			R		Y		A			
P	L	E	A		U	N	I	V	E	R	S	E		
U		U		N		E		D		T				
L		R	A	N	G	O	F	F		H	E	X		
A		G		O		L			S		E			
T	H	I	E	V	E		O	U	T	R	U	N		
E		S		A			T		L			O		
S	E	T		K	A	R	E	N	A			P		
	A		S		D		A		Y			H		
E	G	G	T	I	M	E	R		S	O	S	O		
E				M								B		
W	R	I	G	H	T		S	U	B	T	L	E		

SOLVE IN 1M

((2/3)/2)÷((1/6)/(3/2)) =
((2x6) / (3x1)) / (2÷3÷2) =
(12 /3) / (2 x (2 / 3)) =
4 / (4/3) = 4 x (3/4) =
(12 / 4) = 3

MENSA PUZZLE 6. In rows the right hand digit equals double the difference between the left and the centre.

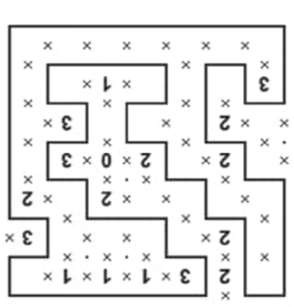
SUDOKU

6	8	7	3	1	9	5	2	4
9	4	3	5	8	2	6	1	7
1	2	5	7	6	4	8	9	3
2	6	9	4	5	8	3	7	1
8	3	1	9	7	6	2	4	5
7	5	4	1	2	3	9	8	6
3	9	8	6	4	1	7	5	2
5	1	6	2	9	7	4	3	8
4	7	2	8	3	5	1	6	9

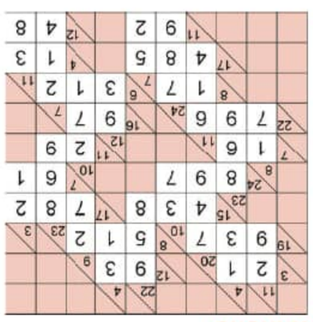
ALPHA TRIANGLE P, Pl, Dip, Pled, Piped, Hipped, Whipped.

GO FIGURE
Easy
4 + 8 + 3 − 5 = 10
Medium
5 x 3 − 9 + 6 = 12
Hard
7 − 7 + 2 + 1 = 3

LOOP



KAKURO



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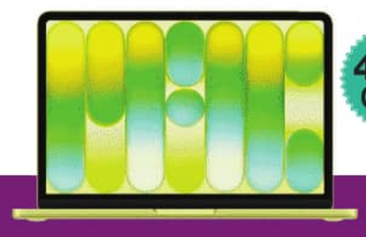

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